

**Amendments to the Claims****Complete Listing of Claims:**

1. (Currently Amended) A sock particularly adapted for use in Yoga exercises, Pilate exercises, stretching and other mat-based exercises, comprising:  
a sock made of a natural, plastic or synthetic fiber,  
said sock having an open front end with webbings extending across the open front end from a top of the sock to a bottom or sole of the sock to provide openings through which the toes of a user can extend, the webbings including four spaced apart webbings extending across the open front end between the top of the sock to the bottom or sole of the sock to provide five specific toe hole openings in the front end of the sock for receiving the toes of a user, and  
said sock having a generally continuous layer of a rubbery substance on the bottom or sole of the sock which has a sticky or friction non-slip characteristic to enable the sock to grip a floor or mat when used by an exerciser, with or without the use of a mat, and to allow the toes to be exposed for tack or gripping functions.
2. (Original) The sock of claim 1, wherein said layer of a rubbery substance is a closed cell PVC vinyl material.
3. (Original) The sock of claim 1, wherein said layer of a rubbery substance a vinyl sponge foam material with a sticky soft surface providing a non-slip function.
4. (Original) The sock of claim 1, wherein said layer of a rubbery substance which is fixed to the bottom or sole of the sock has a thickness between 0.065 inch and 0.25 inch.
5. (Original) The sock of claim 4, wherein the thickness of said layer of a rubbery substance is approximately 0.125 inch.
6. (Cancelled) ~~The sock of claim 1, wherein the sock has four spaced apart webbings extending across the open front end between the top of the sock to the~~

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~~bottom or sole of the sock to provide five specific toe hole openings in the front end of the sock for receiving the toes of a user.~~

7. (Currently Amended) A sock particularly adapted for use in Yoga exercises, Pilate exercises, stretching and other mat-based exercises, comprising:  
a sock made of a natural, plastic or synthetic fiber,  
said sock having an open front end with webbings extending across the open front end from a top of the sock to a bottom or sole of the sock to provide openings through which the toes of a user can extend, the webbings including four spaced apart webbings extending across the open front end between the top of the sock to the bottom or sole of the sock to provide five specific toe hole openings in the front end of the sock for receiving the toes of a user and  
said sock having a generally continuous, non-skid structure on the sole thereof.
8. (New) The sock of claim 7 wherein said non-skid structure extends upwardly on the heel and on each side of the sock a short distance.
9. (New) The sock of claim 1 wherein said layer of rubbery substance extends upwardly on the heel and on each side of the sock a short distance.

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